

February Calendar of Events

February 25th Ash Wednesday Worship is at 12:00 pm and 7:00 pm

Youth Group sponsored Pancake Supper—5:30 pm on Ash Wednesday

Attention Prospective Members of Whitnall Park Church

It's obvious that WPLC is the place to be. . .

People are coming and we're ready to grow!! In response, your Spiritual and Educational leaders are teaming up to present a three-week New Member Class based on the booklet *Baptized We Live: Lutheranism as a Way of Life* by Dan Erlander. The classes will take place from 11:30 am—12:30 pm on the following Sunday's—February 1st, 8th and 15th. Please sign up on the kiosk so we can have an idea as to how many people to expect. God's Blessings as the journey continues. —Pastor Michael

- Please bring non-perishable food for Hope House on any Sunday
- Please bring your aluminum cans and Campbell labels on the second Sunday, February 8th, ONLY.
- Dorcas Circle meets Tuesdays at 9:00 am.
- Sunday School at 10:00 am—meets in church Sunday, February, 8th.
- God's Young Voices—meets Wednesday evenings at 7:00 pm .
- Senior Choir meets every Wednesday at 7:30 pm.
- Health and Wellness meeting, Friday, February 20th at 10:00 am.
- Worship & Music meets Tuesday, February 10th, 7:00 pm
- Ladies Aid meets Wednesday, February 11th, 11:30 am.
- OWLS meet on Thursday, February 12th, at 8:30 am at the-Forum Restaurant
- Property committee meeting Tuesday, February 10th, at 6:30 pm.
- Christian Education meeting Tuesday, February 10th at 7:00 pm
- Everyone's Bible Study meets Thursday, February 19th, 7:00 pm.
- Friends meet Tuesday, February 24th at 9:30 am.
- Parish Nurse, Barb Estrada is here on Wednesday mornings but not February 18th she will be here on the Friday, February 20th, of that week
- PICK N SAVE WPLC *WE CARE* NUMBER IS # 934480



February Calendar of Events





Vitamin D

Every month new articles are being written about Vitamin D. There are over 140 laboratories throughout the world studying about this vitamin. It is the number one studied vitamin now and is right on the frontier of research. It has only been the last few years that we've learned how to accurately measure blood levels of Vitamin D, which is partially the reason for our current interest in it. It is fairly safe to say that most of us are lacking sufficient quantities of Vitamin D, and our health may be suffering from it.

What is it?

Vitamin D is a hormone and not really a vitamin.

Vitamin D is found in over 200 different genes and over 900 different cell types.

It is one of the fundamental life giving hormones.

Vitamin D is our 'Stem Cell Modulating Hormone.' It tells mature cells to grow up into the form they were intended to be. Every cell type in the human body has some stem cells embedded in them. Having enough Vitamin D becomes crucial for that cell type to turn into its intended mature function. For instance, it makes immature white blood cells turn into "killer" white blood cells when it's present in proper amounts. This gives the entire immune system a boost and could be responsible for everything from fewer colds in the winter to lower cancer rates.

Where do we get it?

Vitamin D is made in the skin when it is exposed to ultra-violet light. We get it from sunshine. People in

Northern climates probably don't get enough.

We don't get it from food unless it's been added: the exception is fatty fish, i.e. salmon.

In the state of Wisconsin, the only sure way to keep our blood level in a healthy range is to take supplements, at the very minimum, from the months of October through April. During these months, the sun is too low to produce UVB rays that make Vitamin D in our skin. During the months of May through September, you will need to spend at least 15 to 20 minutes every day in the mid-day sunshine. We often use sunscreen to prevent cancer; this also prevents Vitamin D from being formed, so does covering up with clothing while out in the sun. Also, fat tissue holds onto Vitamin D, so as we get heavier, we are at higher risk of being Vitamin D deficient.

Bottom line: most of us are deficient in Vitamin D and will need to take a supplement. Research is finding that we need much more than the recommended daily allowance than is now advocated.

Before starting supplements, have a blood test taken to determine your current level and follow your doctor's recommendation on the amount of supplement you should take.

The benefits of Vitamin D.

- The possibilities are many. Adequate levels of Vitamin D could prevent cancer. Some researches suggest that breast cancer could be reduced as much as 80%.
- The American Heart association has reported its importance in reducing heart

attack risk. It also may reduce the risk of high blood pressure.

- It may reduce the advancement of Multiple Sclerosis, reducing the number of brain lesions in half.
- Many studies have shown that mood is improved with higher doses of Vitamin D, thus being helpful in reducing risk of depression.
- There is current research looking at links between Vitamin D and the development of schizophrenia and autism.
- Sufficient levels of Vitamin D may help the pain and flare-ups of fibromyalgia.
- Vitamin D is important for the metabolism of insulin.
- Because Vitamin D is used by all the cells in the body, we'll probably continue to discover the health benefits of keeping our blood levels in a healthy range.

Taking Vitamin D supplements are safe. During your next physical, remember to ask for a Vitamin D blood level check and ask your doctor if he or she is up on the latest recommendations regarding Vitamin D. It may be a couple of years before formal recommendations are established for taking higher doses of Vitamin D, but some doctors aren't waiting. Vitamin D3 is the recommended vitamin and can be found over the counter at drug-stores. When the results of this test are known, find out how much and what kind of Vitamin D you need to make a difference in your health. Vitamin D supplementation is simple, safe, and inexpensive.
Barb Estrada, Parish Nurse, RN



Condensed Council minutes from December 16th, 2008

Secretary's Report

The minutes from the 11-18-08 council meeting were approved, however Gloria shared an open letter to Brent prepared by Roger Brinkmeier concerning budget requests for 2009. (See further comments under "Budget 2009 Follow-Up")

Pastor's Report

Pastor Fazio submitted a breakdown of all pastoral acts for 11/19/08 – 12/16/08. They include leading worship at 8 services and preaching at 6 services (no sermon on Music Sunday); Thanksgiving Eve service with Pastor Bill Utke at Emanuel UCC; 1 healing service/blessing of prayer shawls; 3 hospital visits; 7 pastoral counseling appointments; 2 home visitations; 4 home/hospital communions; 1 wedding planning session, 1 pre-marriage counseling session; 1 Friday night wedding rehearsal, 1 wedding, 1 stewardship campaign meeting; inaugural meeting of newly formed Finance Committee; Youth Group Christmas Party, as well as confirmation classes and committee meetings, and continuing participation in the Synodical Task Force/Ministry to Returning Veterans and Families.

Budget 2009 Follow-up/Finance Committee Recommendations

- As our revenues are cyclical, all committees should have some money set aside and this should be budgeted. Everyone needs to be accountable for monies spent – don't spend it just because it's there!
- Discussion followed on how to break down which expenses will be earmarked for Social Ministry and Evangelism committees, both of which have never submitted budget requests before. The point was made that it is important for every committee chair to verify that Brent's budget amount for 2009 is sufficient.
- Expense/check request forms must be used all the time by everyone with explanations as to what the money will be used for, which committee should be "charged" and receipts provided if reimbursement is being requested for a previously made purchase.
- Questions about proper use of budgeted funds should be referred to the Finance Committee. Members are Brent Rice, Becky Sorvick, Ralph Llanas, Van Johnson and Pastor Fazio.

- Quarterly budget adjustments may need to be done per revenue levels. Our budget is based on the prior year's figures, not on pledges. Note: Our pledges for 2009 are only 1/3 to 1/2 of what is actually needed.
- Regarding the proposed \$20,000 set-aside for budget shortfalls, church treasurer Brent Rice feels a set-aside is not necessary in 2009. "Restricted" funds in Memorial account can be used if necessary.

Debt Reduction

Roger Brinkmeier explained it is Endowment's intent to contribute 50% of profits from the endowment proceeds to a maximum of \$10,000 per year for the next three years. Given the 2008 rate of return, there may not be significant funds for 2008. Also, before tapping into endowment resources, a determination would be made as to the level of congregational giving as a result of the 2008 stewardship drive prior to making contributions. 2009 and 2010 giving will be contributed per this schedule depending on future market conditions. It was further pointed out endowment contributions are not for "brick and mortar" but rather to enable the ministries of the church. **Annual endowment contributions will not be made automatically; a request from council must be made each year.**

Finance Committee also discussed the debt reduction and suggested a chart be prepared to track our progress in reducing the debt. Kyle Sorvick will work on this.

It was also the recommendation of the Finance Committee that if \$2,000 is received over the mortgage amount in any given month, it should be paid towards the principal. Council approval is needed for any single payment over \$5,000. Council has approval up to \$10,000 without a special congregational meeting.

2009 Annual Meeting Agenda Ideas

- Luther Manor representatives voted in;
- 2009 Budget
- Other items should be submitted by the next council meeting (1/27/09).

Respectfully submitted,

Ruth Rice, Council Secretary



Social Ministry Update:



Souper Bowl of Caring!!! **February 1st**

The ***Souper Bowl*** project is your opportunity to join forces with thousands around the USA to raise money for the charity of their choice.

Members of WPLC are encouraged to bring **cans of soup (any size or variety) or drop dollars into soup kettles** placed at both entrances to the church sanctuary. The cans of soup are for the Hope House South Side Food Pantry. The money collected will go to the Hunger Task Force of Wisconsin. Please transform the **nations biggest weekend of football** into the **Greatest Weekend of Giving!**

A Warm Fuzzy Christmas for Many

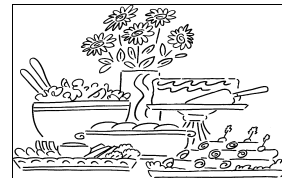
Two Social Ministry Committee projects were sponsor in December 2008 to benefit Hope House. The Mitten Tree donations by WPLC members were very generous (212 items) and included 81 hats/caps, 33 scarves and 98 pairs of gloves and mittens which were delivered to Hope House on December 15th. Also delivered the same day were 9 bags of non-perishable food items plus many toiletry items. Thanks to all who made these projects successful. The Hope House South Side Food Pantry also received a check for \$156.00 and a large donation of food from the Hales Corners Lions Club. These donations were presented to WPLC to convey to Hope House in memory of Henry Poehler, a long time active member of our church.

Please remember to bring non-perishable food, hygiene and toiletries, baby food and products to church any Sunday, or when able. These gifts are of benefit to residents of Hope House and patrons of the South Side Food Pantry. **The need is very urgent!!**—Marilyn Schoenleber

Dear Church Family,

This February, the month of Valentine's Day and the beginning of the Lenten season when our Father opened up his heart to save us all—let us open our hearts to the service of our Lord. Service isn't painful it is a joy that fills our hearts when we help someone and pray for someone. A wonderful example of this is our member, Henry Poehler. He passed away in September 2008. But his legacy of giving lived on even after his death. The Lions Club gathered food and money to give to Hope House this Christmas and donated it to Hope House in his honor. What a wonderful testimony to his life. What will your legacy be?

Love, Sandy



Lenten Lunches/Suppers

Lenten Lunches will begin on March 4th and are served after the noon worship. Soup, sandwiches and dessert is served. Volunteers are always welcome.—Audrey Grafwallner

Lenten Soup Suppers begin at 6:15 pm March 4, 2009 (the Wednesday AFTER Ash Wednesday). Watch for a sign-up sheet in Hornburg Hall for volunteers to make soups, bring side plates or dishes, & light dessert. A freewill offering is requested. We average about 20-24 people who attend supper with a casual, family-style atmosphere.

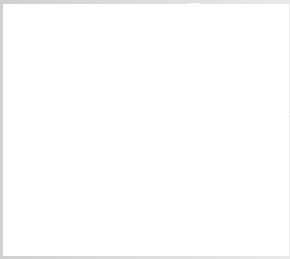
Everyone is welcome.

—Sharon Hause

Join the Fun

Here is a great opportunity to serve and have fun... **anyone interested in developing a greeting card ministry?** One night a month would be set aside to make greeting cards (*as in scrap booking*). The cards made that evening would then be sent to members. This is a great way for our church to reach out to our church family to show our concern, our appreciation, our joy, or simply an acknowledgement.

Are you interested? Let me know.
Sharon - 262-679-2161



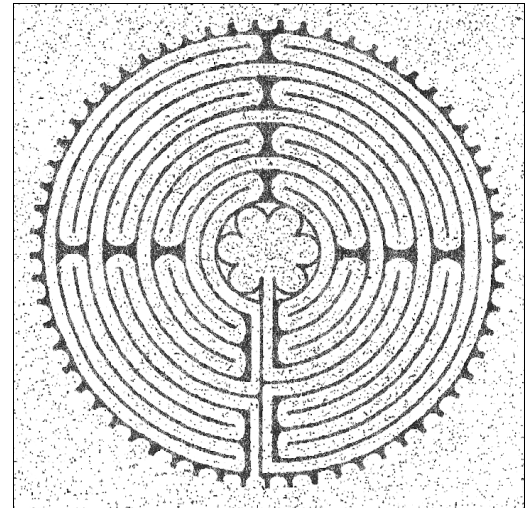
Birthdays

- 1 Karen Budic
 2 Ericka Pasersky
 Karl Vierthaler
 5 June Hackbart
 6 Katie Katschke
 Patricia Noeske
 Reese Wills
 7 Joseph Seaks
 8 Nancy Sherman
 9 Andrew Bainbridge
 Travis Brugger
 Anna Lorbach
 Makayla Metzger
 10 Betty Hembrook
 Evan Knier
 Max Ringwall
 11 Brent Rice
 Carol Welch
 Joann Wollmer
 12 Julie Dlouhy
 Shirley Koniecki
 13 Alison Thompson
 14 Samantha Llanas
 15 Sharon Hause
 Betty Senft
 16 Louise Ludwig
 17 Sally Cole
 18 Nancy Ahles
 Patricia Messenger
 Lee Robbins
 Kristen Wiza
 19 Kristine Laposki
 David Mueller
 Ronald Sonntag
 21 Bonnie Hareng
 Sarah Schlueter
 23 Thomas Laposki
 Patricia Suderland
 25 Andrea Jenna
 Chad Thome
 26 Sandy Johnson
 Thomas Nelson
 Marilyn Schoenleber
 Joanna Stollenwerk
 27 Lorraine Graef
 Elsie Hansen
 Duane Hause
 Fred Ludwig

- Steve Noeske
 28 Alexander Metzger
 Loren Pfeil
 Lori Ridder
 Laura Untiet

Anniversaries

- 2 Chad & Katrina Loebel
 3 Bob & Dorothy Wamser 58
 10 Ray & Diane Remington
 14 Donald & Evelyn Schubert 56
 15 Tricia & John Henneberry
 16 Joseph & Melissa Romans
 22 Roger & Gloria Brinkmeier



LENT: THE LABYRINTH WALK

The labyrinth has a simple definition:: a single path from an entrance to a focus point and the same path back again.

This Lenten season Health & Wellness is sponsoring a Labyrinth Walk at WPLC in Hibbard Hall.

The Labyrinth paths usually form a design. The labyrinth is not a maze, in which one can come to dead ends. In a maze one must be alert to find a puzzle to be solve. In a labyrinth one can relax the mind and fall—while still alert—into the sensations of one’s physical movement, into the promptings of one’s emotions, and into an awareness of spirit.

The meaning of the labyrinth walk varies for each person. For some it becomes a metaphor for life’s journey. It can emerge as a symbol of human community—where we are “at one” both as an individual and as neighbors. For others it is clearly a walk with, or towards, God.

Walkers talk about feeling refreshed—an awareness of being sent forth, accepting a commitment to specific action, finding union or companionship with God—caring them forward into daily life.

There is no right or wrong way to walk to the labyrinth. Each time you walk, the experience is likely to be different. What happens in the labyrinth is unique to each person. Most persons go at whatever pace is comfortable for them.

Take a moment or more to prepare for walking. Stand or sit quietly outside the labyrinth. Pray or nod to the center, before entering and again after exiting. Shoes are optional. But not wearing them adds to the sense of “*being a pilgrim*” and helps one feel connected to the supporting floor, grounded. After walking the labyrinth, people often like to sit quietly in the sanctuary or at the meeting tables to journal.

I encourage you to try this experience this Lenten season. Any questions please call me. —Barb Estrada, Parish Nurse, RN

[Redacted]

[Redacted]

[Redacted]

[Redacted]



Thanks to all who donated cookies for the residents of Luther Manor. WPLC gave a record 938 dozen this year – last year’s total was 500 dozen – Amazing!! Thanks also, for all the clothing and miscellaneous items for Luther Manor’s resale shop, the Den of Antiquity – and don’t forget your old Christmas and other greeting cards for the Activity Department.

After our Fall 2007 Picnic, monies were donated for Luther Manor to purchase a bench for their newly created Serenity Garden – pictures of the bench with a plaque indicating that it was given by WPLC is on the kiosk – take a look. Also a reminder to read and feel free to take copies of the “News and Notes” outside Sandy’s office. I especially enjoyed the great article about Billie the Brownie in the December issue --- remember him?

Continue to bring in your cookies --- let’s see what we can do in 2009.

Kathy Sonntag, Key Person

Mother/Daughter Dinner

Everyone enjoyed the Mother/Daughter Dinner last year so very much! It was great to hear the stories of women’s precious dolls. So. . .please volunteer to help plan the Mother-Daughter Dinner in May, 2009.

Volunteers Needed to Help with the Picnic

The Annual Picnic is months away but the planning to make it a success needs to start soon. Everyone is invited to help. . .singles or couples. The more you work on the picnic the more you enjoy it. Please call Sharon Hause, to volunteer, 262-679-2161.



Don't forget to sign up on the flower calendar to honor or remember someone you love, or to celebrate a birthday or an anniversary.

Sr. High School Scholarships Available through Church Endowment Fund

The Whitnall Park Lutheran Endowment Fund offers scholarships to Senior High School graduates who plan to further their education by attending a vocational school, college, or university following graduation. Application form and guidelines are available in the Church Office or may be downloaded from the church website, www.whitnallparkchurch.com—found under Monthly Activities. The scholarship is available for the 2009-10 academic year. **DEADLINE for submitting the application is April 15, 2009...** mark your calendars...don’t miss out on this great opportunity.

2010 WPLC Pictorial Directory

Our church publishes a pictorial directory every five years, the last one in 2005. We will be working with Olan Mills again and plans are underway of setting up a schedule for photos to be taken and deadlines to be set. We need people who are interested in working on the layout of the book or helping with the decisions that need to be made with Olan Mills at this time, please contact the church office. Keep in mind that later this year we will be asking for volunteers for phone calling, appointment making, etc.

Enjoy History—Help with the pictorial history of our church

I’m looking for. . .

someone who would like to update our church’s photo albums. *We have a collection from 1940 through 2004* but need to bring the collection up to date. We have the photos but we need to get them into albums and add captions.

—Sharon Hause, 262-679-2161

[Redacted]

[Redacted]

[Redacted]

[Redacted]

February 1 SOUPER BOWL SUNDAY-BRING A CAN OF SOUP

- 8:30** Assisting Minister **Linda Shea** Acolyte **Mitchell Cowman**
 Ushers **Ron Hause, Carl Hanson**
 Greeter **Evelyn Klug**
 Altar Guild **Jim & Linda Shea**
- 10:00** Assisting Minister **Ruth Rice** Acolyte **Stacy Tikkanen**
 Ushers **Sid Arthur, Steve Mason, Ron Noeske**
 Greeter **Jerome Thome** Nursery **Danielle Kaboskey**
 Altar Guild **Sandy Abraham**

February 8 Sunday school meets in church/Services with Healing

- 8:30** Assisting Minister **Lou Graef** Acolyte **Melody King**
 Ushers **John Hembrook, Dorothy Perkl, Don Jensen**
 Greeter **Jane Dillon-Perkl**
 Altar Guild **Bernice Sparacino**
- 10:00** Assisting Minister **Kris Laposki** Acolyte **Joseph Hasenstein**
 Ushers **Tom Laposki, Brian and Kristi Peyer** Nursery **Heidi Martin**
 Greeter **Grace Vukich**

February 15

- 8:30** Assisting Minister **Marjorie Pagel** Acolyte **Maria Sparacino**
 Ushers **Jim and Linda Shea**
 Greeter **Shirley Meyer**
 Altar Guild **Evelyn Schubert**
- 10:00** Assisting Minister **Kim Mason** Acolyte **Michelle Rubenzer**
 Ushers **Larry Pfeil, Jack King, Brian Martin** Nursery **Kathy Ross**
 Greeter **Rosemary Richter**
 Altar Guild **Elaine Johnson**

February 22 Transfiguration of Our Lord, ANNUAL MEETING AT 11:00 AM

- 8:30** Assisting Minister **Ron Sonntag** Acolyte **Alyssa Kaboskey**
 Ushers **Jim Gaffney, Duane Hause, Lyle Lance**
 Greeter **Karen Olson**
 Altar Guild **Krista Bainbridge**
- 10:00** Assisting Minister **Mike Sparacino** Acolyte **Tyler Henneberry**
 Ushers **Jerry Pagel Jerome Thome, Walter Sievert** Nursery **Susan Schlueter**
 Greeter **Jing Jing Fedran**
 Altar Guild **Bernice King**

February 25 ASH WEDNESDAY/Youth Group Pancake Supper at 5:30 pm

- 12:00 pm** Assisting Minister **John Hembrook** Acolyte/Usher **Jim Shea** Altar Guild **Marilyn Medeiros**
7:00 pm Assisting Minister **Marjorie Pagel** Acolyte **Amber Martin**
 Usher **Jerry Pagel, Brian Martin** Altar Guild **Jerrijo Cowman**

March 1 First Sunday in Lent

- 8:30** Assisting Minister **Linda Shea** Acolyte **Melanie Saari**
 Ushers **Ron Hause, Carl Hanson**
 Greeter **Dorothy Perkl**
 Altar Guild **June Jensen**
- 10:00** Assisting Minister **Tom Laposki** Acolyte **Sarah Schlueter**
 Usher **Sid Arthur, Steve Mason, Ron Noeske** Nursery **Jill Underberg**
 Greeter **Karon Hedlof**
 Altar Guild **Pat Noeske**

...the ...

...the ...

...the ...

...the ...

...the ...

...the ...

...the ...

...the ...

...the ...

...the ...

...the ...

...the ...

...the ...

...the ...

...the ...

...the ...

...the ...

**From M.E., Kelly Brown
Minister of Education**

Winter greetings!

I am very "Eggcited" about our Lenten project. I suppose everyone is wondering where all of those egg cartons that have been collected have gone? Well, each carton will be filled with a dozen plastic eggs called "**Resurrection Eggs**". In each of the eggs, there is Christian symbol along with a Bible verse and a strip of paper explaining the meaning of the symbol. It is very easy to get caught up in the jelly beans and chocolate bunnies. This is an "**Eggcellent**" way to create family discussions and share the Easter story. So, pick up a dozen eggs! There will be a basket of egg cartons located in Hornburg Hall. These will be available during Lent until supplies are gone.

During the Lenten season, the fifth grade Sunday school students will be painting their own chalices to be used for their first communion. This is a very special project and because it is done during Sunday school, attendance is very important.

During the month of February we also celebrate St. Valentine's Day.- a celebration of love. Did you know that the Candy Conversation Hearts are the most popular of Valentine's candy? As you are eating your candy Conversation Hearts and you are choosing which flavor you like, think of each one as a reminder from Jesus...

BE MINE - He wants us to accept his love

ALL MINE - He loves us and will keep us

TRUE LOVE - He loves us with true love as only He can

LOVE ME - He wants us to love him

BE GOOD - He tells us how to love him back

I'M SURE - He is sure of his love and wants us to know we have a future with him

SWEET TALK - His word is his love letter to us

FAX ME - He loves us too much He wants to communicate with us.

Have an "Eggstraordinary" Easter



The Youth Group cooked up 5 tubs of cookie dough on January 11th, making and estimated total of 19 dozen cookies for Luther Manor. We still have another five tubs of cookies to bake, so more baking will be on our schedule for February and March. The Youth Group received matching funds from Thrivent as a result of the Cookie Dough Sales in the amount of \$350. Thank you so much to Marjorie Pagel for assisting us with this ministry. A Great Big **THANK YOU** to Thrivent!



New Orleans Youth Gathering is now only 6 months away, the youth and adults attending will begin meeting monthly to prepare for our trip. Our first meeting was on January 18th. We learned a lot about history and culture of New Orleans and are looking forward to serving the people of New Orleans in July 2009.

Our next **Fundraiser for New Orleans will be the Annual Pancake Supper on Ash Wednesday**. Hopefully this year we won't get snowed out! Watch for details in the weekly bulletin which will be on—

Ash Wednesday, February 25!

**Upcoming Youth Group
Activities for February:**

Youth Group to help the Sunday School with Lenten Project headed up by Kelly Brown.

February 8th 9 AM Coffee Hour – Please sign up to bring goodies and juice.

February 8th 7 PM More Luther Manor Cookie Baking!

February 20th Annual Lock-In – *Tentative* Check your schedules for 2/20 and 2/21 plan for the over night lock-in at the church.

February 22nd 11:15 AM – 2nd Planning meeting for New Orleans trip

February 2009

Whitnall Park Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="font-size: 2em; font-weight: bold; margin: 0;">1</p> <p>8:30 AM - 10:00 AM Worship</p> <p>10:00 AM Sunday school</p> <p>11:30 AM New Member Class</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">2</p> <p>7:00 PM Dartball</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">3</p> <p>9:00 AM Dorcas</p> <p>1:00 PM Knitting & Crocheti- ng class</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">4</p> <p>9:30 AM Parish Nurse</p> <p>1:00 PM Sit 'n Be Fit</p> <p>7:00 PM Endo- wment meeting</p> <p>7:00 PM God's Young Voices</p> <p>7:30 PM Senior Choir</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">5</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">6</p> <p>9:00 AM - 11:00 AM Office hours</p> <p>Pastor's day off</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">7</p>
<p style="font-size: 2em; font-weight: bold; margin: 0;">8</p> <p>8:30 AM - 10:00 AM Worship</p> <p>10:00 AM Sunday school</p> <p>11:30 AM Confirmation Class</p> <p>11:30 AM New Member Class</p> <p>7:00 PM Youth Group meeting</p> <p>Services with Healing</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">9</p> <p>7:00 PM Dartball</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">10</p> <p>9:00 AM Dorcas</p> <p>1:00 PM Knitti- ng & Crocheting class</p> <p>6:30 PM Property</p> <p>7:00 PM Christian Ed</p> <p>7:00 PM Worship & Music</p> <p>LEAF Articles are due</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">11</p> <p>9:30 AM Parish Nurse</p> <p>11:30 AM Ladies Aid</p> <p>1:00 PM Sit 'n Be Fit</p> <p>7:00 PM God's Young Voices</p> <p>7:30 PM Senior Choir</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">12</p> <p>8:30 AM OWLS meet at the Forum Restaurant</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">13</p> <p>9:00 AM - 11:00 AM Office hours</p> <p>Pastor's day off</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">14</p> <p>*Sunday school meets in church tomorrow</p> <p>Valentine's Day</p> <div style="text-align: center; margin-top: 10px;">  </div>
<p style="font-size: 2em; font-weight: bold; margin: 0;">15</p> <p>8:30 AM - 10:00 AM Worship</p> <p>10:00 AM Sparacino Baptism</p> <p>10:00 AM Sunday school</p> <p>11:30 AM New Member Class</p> <p>SW Interfaith Temple Talk</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">16</p> <p>7:00 PM Dartball</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">17</p> <p>9:00 AM Dorcas</p> <p>1:00 PM Knitting & Crocheti- ng class</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">18</p> <p>7:00 PM God's Young Voices</p> <p>7:30 PM Senior Choir</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">19</p> <p>7:00 PM Everyone's Bible Study</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">20</p> <p>9:00 AM - 11:00 AM Office hours</p> <p>9:30 AM Parish Nurse</p> <p>10:00 AM Health & Wellness meet</p> <p>Pastor's day off</p> <p>Tenative lock-in date for Youth Group</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">21</p>
<p style="font-size: 2em; font-weight: bold; margin: 0;">22</p> <p>8:30 AM - 10:00 AM Worship</p> <p>10:00 AM Sunday school</p> <p>11:00 AM ANNUAL MEETING</p> <p>11:15 AM Youth Group meeting</p> <p>11:30 AM Confirmation Class</p> <p>Transfiguration of Our Lord</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">23</p> <p>7:00 PM Dartball</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">24</p> <p>9:00 AM Dorcas</p> <p>9:30 AM Friens- ds Meeting</p> <p>1:00 PM Knitti- ng & Crocheting class</p> <p>7:00 PM Coun- cil meeting</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">25</p> <p>9:30 AM Parish Nurse</p> <p>12:00 PM - 7:00 PM ASI WEDNESD- AY WORSHIP</p> <p>5:30 PM PANCAKE SUPPER</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">26</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">27</p> <p>9:00 AM - 11:00 AM Office hours</p> <p>Pastor's day off</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">28</p>



Dear Friends in Christ,

With this being the month of February, I started to think about Valentine's Day and what this means for us as Christians. Our culture tells us that Valentine's Day is all about giving gifts to someone we love; with images of cupid flying around shooting his arrows into unsuspecting hearts. February 14th for many now means cards, candy and flowers, but history allows us to take a different view of the Valentine story.

What we now refer to as 'Valentine's Day' was at one time known as the Feast of St. Valentine. It was a religious holiday, and the image of that cute little cupid flying around came as a character out of pagan mythology. For Christians, this holiday was a day to remember and celebrate the life and death of a Christian martyr (a person who voluntarily suffers death as the penalty of witnessing to and refusing to renounce a religion).

According to church tradition, St. Valentine was a priest near Rome around the year 270 A.D. At that time the Roman Emperor was imprisoning Christians for worshipping God through Christ instead of worshipping the Roman gods. During this period of persecution, Valentine was arrested; and thrown into prison.

During the trial they asked Valentine what he thought of the Roman gods Jupiter and Mercury. His reply was that they were false gods and that the God whom Jesus called Father was the only true God. So the Romans kept him in prison for insulting Jupiter and Mercury.

While locked up, Valentine continued to minister in the name of Jesus. He witnessed to the other prisoners as well as to the guards. One of the guards who had adopted a blind girl asked Valentine if his God could help his daughter. Valentine prayed for her and the girl's sight was restored. The guard and his whole family came to believe in Jesus and all were baptized in His name. Because these new converts had come to know Jesus, Valentine praised God right there in his prison cell. When the emperor heard about this he was furious that Valentine was still helping people come to Christ, and had Valentine beheaded.

Valentine knew the possibility of getting caught in his Christian activities. He knew that if he told the truth about the Roman gods he would be thrown in prison. And he knew that if he continued to witness to Christ he would make his captors angry; yet he continued, because he loved the Lord and his fellow humans. He was willing to risk his life to free the prisoners and spread the Good News of Jesus Christ to those who needed to hear it.

God showed us His amazing love by coming in Christ to die for our sins, and St. Valentine demonstrated this love when he died for his friends. The love of God is traditionally what Valentine's Day is all about. Even though the holiday has become a bit commercialized with cards, flowers and candy; giving of ourselves for the joy and happiness of others in response to the Love that we've so freely received from Christ, is surely in line with what it means to be a Christian.

Happy Valentine's Day in the Love of Christ,

Pastor Michael



